

**What is claimed is:**

1. A method for producing an optical material comprising, adding 2-(2-hydroxy-4-octyloxyphenyl)-benzotriazole to a monomer selected from the group consisting of a diethylene glycol bisallylcarbonate monomer, a (thio)urethane monomer and a episulfide monomer, mixing said 2-(2-hydroxy-4-octyloxyphenyl)-benzotriazole and the monomer to form a mixture, and polymerizing the monomer.
2. The method of claim 1, further comprising casting the mixture into a mold for a lens before said polymerizing the monomer.
3. An optical material comprising 2-(2-hydroxy-4-octyloxyphenyl)-benzotriazole and a polymer formed by polymerizing a monomer selected from the group consisting of a diethylene glycol bisallylcarbonate monomer, a (thio)urethane monomer and a episulfide monomer.
4. The optical material of claim 3, wherein said optical material absorbs long-wave UV rays having a wavelength of around 400 nm.
5. The optical material of claim 3, wherein the monomer is a diethylene glycol bisallylcarbonate monomer.
6. The optical material of claim 5, wherein said optical material has a yellowness index (YI) falling between about 0.7 and 1.6 and a 380 nm UV transmittance of at most 30 % when a thickness of said optical material is of about 2.2 mm.
7. The optical material of claim 3, wherein the monomer is a (thio)urethane monomer.

8. The optical material of claim 7, wherein said optical material has a yellowness index (YI) falling between about 0.7 and 1.5 and a 400 nm UV transmittance of at most 35 % when a thickness of said optical material is of about 1.6 mm.

9. The optical material of claim 3, wherein the monomer is a episulfide monomer.

10. The optical material of claim 9, wherein said optical material has a yellowness index (YI) falling between about 0.7 and 1.8 and a 400 nm UV transmittance of at most 30 % when a thickness of said optical material is of about 1.8 mm.

11. The optical material according to any one of claims 3-10, wherein the optical material is a plastic lens.

12. Spectacles comprising said optical material according to any one of claims 3-10.